

## Emergency Contraception – Hints and Tips

### Ulipristal and Hormonal Contraception.

Ulipristal interacts with all hormonal methods of contraception in 2 ways:

- Ulipristal affects the efficacy of hormonal methods
- Hormonal methods affect the efficacy of Ulipristal potentially rendering Ulipristal ineffective.

Current Faculty of Sexual and Reproductive Healthcare (FSRH) guidance recommends delaying the start of hormonal contraception for 5 days post use of Ulipristal and subsequent use of extra precautions until the method becomes effective.

This has obvious repercussions for women who attend for emergency contraception after suspected pill or other hormonal method failure.

Further guidance from the FSRH Clinical Effectiveness Unit is attached.

### Access to FREE emergency contraception

Free emergency hormonal contraception is provided by accredited Pharmacists in a number of pharmacies across the wider Devon area. If the accredited Pharmacist is on leave or is sick/absent, and the locum has not signed the PGD for that specific pharmacy, the service users should be referred to the nearest alternative provider where the service is available *free of charge*. We would not expect that a young person is charged for EHC and request that the pharmacy team familiarises themselves with local alternative providers that are able to provide free EHC.

**Devon County Council area:** a list of currently commissioned pharmacists is located on the **Emergency Contraception** link at the website below. See *click here for a local list of pharmacies*:

<http://www.thecentresexualhealth.org/services/contraception>.

**Torbay Council area:** a list of currently commissioned pharmacists can be found on the regularly updated document titled '*Final Pharmacy list...*' at the Local Pharmaceutical Committee (LPC) website: <http://devonlpc.org/locally-commissioned-services/commissioned-services-2/>.

### Contraception Choices

The Family Planning Association (FPA) website contains lots of information for patients as well as a good tool for finding the right contraceptive method for an individual: <http://www.fpa.org.uk/>

The Lead Contraception Clinicians at Northern Devon Healthcare Trust recommend using the FPA contraception choices handy chart, which is visual and gives a very good overview of all methods.

More method specific queries can be answered on the relevant pages of FPA site or the Faculty of Sexual and Reproductive Healthcare website <https://www.fsrh.org/home/> provides good for clinical information for members and non-members alike.

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